



Substance Abuse and Mental Health Services Administration
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SAMHSA **News Release**

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SAMHSA UNVEILS NEW GUIDE TO EFFECTIVE SUBSTANCE ABUSE PREVENTION PROGRAMS

The Substance Abuse and Mental Health Services Administration (SAMHSA) today released its new edition of *Science-based Prevention Programs and Principles: Effective Substance Abuse and Mental Health Programs for Every Community*. The volume presents a state-of-the-science review of substance abuse prevention theory and practice and includes a compendium of tested and effective model substance abuse prevention and mental health promotion programs.

Health and Human Services Secretary Tommy G. Thompson said: "The new volume clearly shows how the risk and protective factors involved in curbing drug abuse also affect engagement in other damaging behaviors, such as alcohol abuse, smoking, teen pregnancy, gangs and crime, and even suicide. By building on the models in this volume we can reduce risk for destructive behaviors and increase opportunities for safe passage from childhood to adulthood."

The volume summarizes more than two decades of research on prevention programs. It delineates the broad range of influences that can lead to substance abuse or other potentially dangerous behaviors and presents practical, community-based ways to curb the risk factors for these behaviors. Effective interventions are identified at the individual, family, peer group, school, community and society level.

White House Office of National Drug Control Policy John Walters said that "This SAMHSA volume reminds us all that prevention of substance abuse not only is possible, it is effective. The theory, the methods, and the programs can and should guide communities to achieve excellence in their prevention efforts. As a nation, we can settle for no less."

SAMHSA Administrator Charles G. Curie said that "Findings from our work detailed in this volume not only bring us closer to realizing the full potential of substance abuse prevention, but also to achieving healthy communities nationwide. Clearly, success in the field of substance abuse prevention can be used to advance other areas of health promotion and disease prevention, to create a national strategic framework for prevention."

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Science-Based Prevention Programs and Principles 2002 highlights 34 substance abuse prevention and mental health promotion programs that are making important differences every day in the lives of children and youth, families and communities. Models are catalogued by the risk and protective factors they are designed to address, the population to be served, and specific program benefits. Contact points for each model are provided to enable community substance abuse prevention programs to learn first-hand about these effective program models and to adapt and adopt relevant models to meet their community's specific needs.

Programs included in this volume have met stringent criteria, including that the program utilizes scientifically rigorous evaluations and consistently achieves positive outcomes. Over 3 years of designating model programs, 779 have been reviewed, and 50 have been enrolled in SAMHSA's National Registry of Effective Prevention Programs.

Community leaders and interested organizations can access information on model programs and services available at www.modelprograms.samhsa.gov. Copies of the volume can be ordered online or from SAMHSA's National Clearinghouse on Alcohol and Drug Abuse Information at 1-800-729-6686.

SAMHSA, a public health agency within the U.S. Department of Health and Human Services, is the lead federal agency for improving accountability, quality and effectiveness of the Nation's substance abuse prevention, addictions treatment and mental health services. Information on SAMHSA's programs is available on the Internet at www.samhsa.gov